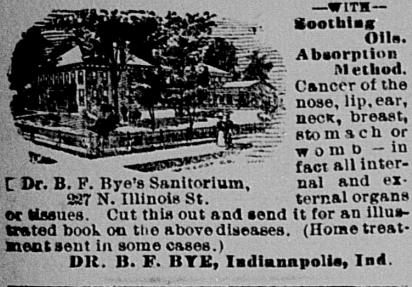


CANCER CURED



STALE BREAD.

How to Utilize Odds and Ends That Accumulate in the Bread Box.

There are but two forms of bread crumbs allowable in correct cookery. Soft bread crumbs, at least a day old, are valuable for forcemeats, stuffings and for some other purposes. They are the inside crumbs of bread a day or two old, but not the crumbs of a hard, stale loaf, as some people seem to suppose. The second form is the dried crumbs. Do not wait until bread has become too stale for this purpose. Bread in which the liquids have turned sour, as they always will in time, is unfit for any use.

Clear out crusts and all pieces of stale bread in the bread box at least twice a week for dried crumbs; break them up in small pieces and lay them on flat tins in the warming closet under the oven to dry. Dry them until every particle of moisture has left them, and then pound them with a wooden beetle and sift them through a fine sieve. Put them away in a wooden or tin box with a tight cover.

These bread crumbs are good for puddings, for breading meats and for covering escalloped dishes and coquilles, though for the latter purpose soft bread crumbs are often preferred. The advantage of drying bread is that the liquids are disposed of and cannot give the dish in which the bread is used a stale, bad taste. The bread crumbs in this condition will keep indefinitely if dry and free from weevils.

It is a mistake to suppose croutons and squares of toast used in the soups should be made of stale bread. They should be cut from stale bread, but always dried. Use bread not over three or four days old and still soft enough to be easily cut with the little ornamental tin cutters used for this purpose. A star or plain fleur-de-lis or any simple design is best for the purpose. If you have no cutters, cut the bread with a sharp knife into three quarter inch squares. Dry the pieces in the oven until all moisture has left them and store them in a box. Brown half cupful for two quarts of soup. They may be dipped in melted butter and browned in the oven for soup or merely toasted brown, or they may be fried a golden brown in butter.

Toast is made of dried bread for certain purposes; for others bread a day or two old, but not hard, is used. A Welsh rabbit demands a soft toast—that is, a rather thick thick slice of bread browned on each side, but soft in the center. A chicken soup or stew should have as accompaniment pieces of thin toast, crisp and dry throughout, such as is made of dried bread.

How to Make Infant Food.

Egg albumen, a few selected cereals, some milk sugar and a little butter fat thoroughly mixed and skillfully combined will when added to cow's milk make the best substitute infant food known, as well as a very palatable and nourishing diet for invalids and convalescents. The good results following its use thoroughly substantiate its claims.

How to Cure Chilblains.

To cure an ordinary case of chilblains take a piece of lemon, sprinkle fine salt over it and rub the feet well. A sure cure for broken chilblains is the following: Take a quarter of a pint of oil of sweet almonds, one ounce of Venetian turpentine, three ounces of lanoline and one ounce of beeswax cut into shreds. Melt all together in a white ware pot and then put aside to cool, stirring occasionally to prevent the preparation from becoming too hard. Spread this ointment on lint and keep the chilblains covered with it at night and as much of the day as is practicable.

How to Preserve Eggs.

Mix equal portions of unslacked lime and salt. Put a good layer of this mixture in a deep box, then a layer of eggs far apart from each other and standing on end, broad end up. Continue with alternate layers of eggs and the mixture until the box is filled, which is then fastened. Properly packed, they will easily keep for a year.

How to Make Turnip Soup.

Wash, pare and cut into small pieces half a dozen medium sized white turnips. Boil them in unsalted water until tender, then rub through a sieve. Chop fine one small onion, put in a stewpan with a tablespoonful of butter and cook slowly without browning for five minutes. Add a tablespoonful of flour and when blended a quart of milk and stir until boiling hot. Add the turnip pulp and season with a teaspoonful of salt and a good dusting of pepper. Cook slowly for five minutes. Serve at once and pass grated cheese with it.

How to Take Stains From Linen.

Rub them on either side with yellow soap and then apply starch made into a paste with cold water. Rub this paste well into the stains and then put the cloth to hang out in the open air—if possible in the sun—for some hours. After it has been washed in the ordinary way the stains will have disappeared.

How to Make Cider Eggnog.

Beat the yolks of six eggs and six heaping tablespoonfuls of sugar to a cream, and after they are well beaten grate over the top half a nutmeg, squeeze in the juice of two lemons and pour in three pints of new cider, ice cold; whip the cider through the eggs and sugar till it is all foamy; then pour it in a glass punch bowl or large glass pitcher. Beat the whites of the eggs to a stiff froth and lay lightly on top of the beverage. Serve in glass cups.

How to Cure Whooping Cough.

For obstinate cases of whooping cough, the following prescription has been highly recommended: Bromoform, 15 parts; tincture of gelsemium, 16 parts; syrup of lactucarium, 120 parts; powdered acacia, q. s. The dose is three or four teaspoonfuls during each day.

CLIMBING STAIRS.

How to Do It With the Least Expenditure of Strength.

A physician who declares that but very few people know how to walk up stairs properly gives these instructions, says Good Housekeeping: Usually a person will tread on the ball of his foot in taking each step. This is very tiresome and wearing on the muscles, as it throws the entire suspended weight of the body on the muscles of the legs and feet. You should in walking or climbing stairs seek for the most equal distribution of the body's weight possible.

In walking up stairs your feet should be placed squarely down on the step, heel and all, and then the work should be performed slowly and deliberately. In this way there is no strain upon any particular muscle, but each one is doing its duty in a natural manner. The man who goes up stairs with a spring to may be sure is no philosopher, or at least his reasoning has not been directed to that subject.

The doctor might have gone a little further in the same line and protested against the habit which many persons have of bending over half double when they ascend a flight of stairs. In execution of this kind, when the heart is naturally excited to more rapid action, it is desirable that the lungs should have full play. But the crouching position interferes with their action, the blood is imperfectly aerated, and there is trouble right away. Give the lungs a chance to do their work everywhere and at all times.

How to Cook Quails.

Singe, draw and wash the quails, lard the breast and legs, run a small skewer through the legs and tail and bind them firmly round with thread. Baste the breasts with a small quantity of clarified butter and dust a little salt over and dredge them quickly with flour. Place the quails in a baking dish and bake them in a quick oven for 15 minutes. Put a layer of bread sauce on a hot dish. When cooked, unite the birds, place them on the dish with the bread sauce, sift plenty of fried bread crumbs over them, garnish with a little parsley and serve.

How to Sleep.

By all means sleep on your right side and avoid high pillows. Many bolsters or pillows are too high, and instead of the whole body being thoroughly refreshed after sleep the muscles of the chest, shoulders, neck and arms are cramped and have not been nourished properly during the time of repose, says Dr. J. O. Harolson in St. Louis Post-Dispatch. The natural carriage of the human body is erect. We do not go through the day with the chin hanging on the breast. Why should we assume that attitude at night? Some will say that they cannot sleep unless their heads are high. Some require two pillows. Habit has brought this condition about, and the easiest and most effective way to break a bad habit is to cease its execution. To these I would advise a gradual lowering of the head's elevation until a pillow has been secured that does not cause an unnatural straining or craning of the neck. Those who are anxious for an erect, natural carriage will sleep on a very low pillow or none at all. Sleeping on a flat bed will help to give straight, firmly poised shoulders.

How to Cure Rheumatism.

One new egg, well beaten; a half pint of vinegar, one ounce of spirits of turpentine and half an ounce of camphor. Beat all together well. Then shake ten minutes in a bottle and cork. It is ready for use in half an hour and can be used three or four times a day. If the pain is in the head, rub the ointment on the back of the neck and behind the ears. The head will soon stop aching.

How to Wear Rubbers.

Do not wear your rubbers indoors. People generally will agree with me that it is a bad habit. Many of them know from experience. In a warm room rubbers cause the feet to perspire and become tender. When they are removed and one steps outside, the cold air chills the feet, and the person at once commences to sneeze. In a few hours he has a well developed case of influenza, which may end in pneumonia. After wearing rubbers for any considerable length of time the feet should be washed in lukewarm salt water and dried before a hot fire.

How to Fry Cabbage.

Fry three slices of fat salt pork to a crisp. Take out the pork and in the fat half a head of cabbage, chopped fine. Cover closely and cook for a few minutes. Take off the cover and fry to a light brown, stirring often to have the color uniform.

How to Make Pork Cake.

Here is a good recipe for pork cake: Five cupfuls of flour, two cupfuls of sugar, two cupfuls of molasses, one pound of fat salt pork, (chopped fine), one pound of citron, one pound of raisins, four eggs, three teaspoonfuls of baking powder, a little of all kinds of spices. This will make three or four loaves, according to the size of the tins.

How to Make Apple Cream.

Two cups of thick apple sauce which has been sweetened and seasoned. Pass through a colander, stir in half a cup of chopped almonds and lightly whisk in one cup of whipped cream. Serve cold.

How to Make Turnip Cakes.

Two cups cold mashed turnips; if it was seasoned when cooked add nothing but a beaten egg and one teaspoonful of flour. Make into flat cakes, roll in egg and bread crumbs and saute in hot butter or fry in deep fat.

How to Cook Potato Ribbons.

Cut the potatoes in strips. Have a pan hot and put in it about a tablespoonful of butter. Drain the potato ribbons, roll in flour or cracker dust and fry brown.

MORE PROOFS

Of the fallacy of buying anything in Dry Goods or Notions without visiting the Big Store is given below. The items are taken at random from all departments and serve to show how our immense and goodly stock is being offered rather than moved back to the new room. Every item is included and we would be well pleased if we could sell it all before removed. One fifth, one fourth, one third and even one half off the regular prices should be a temptation for you to exchange your money for our goods.

Every Item Will Be Found As Advertised

Mens jersey ribbed shirts and drawers with 25c.... 19c

Childrens fleece lined union suits with 25c.... 19c

Childrens and misses Onitea and Melba union suits worth 50c, 38c.

Infants fleece lined ribbed vests worth 10c, 3c.

Choice of any felt sailor or walking hat in the store worth \$1.00 150 and 2.00, 6c.

Childrens capes worth 50 to 75c, 17c.

Dewey capes worth 60c, 35c.

Boys shirt waists, Star and Mothers Friend, worth 75c, 1.00, 1.50, 45c.

Mens night shirts worth \$1 to \$1.25, 60c.

Hand knit fascinators, black and white worth 25c, 15 cents.

Large size Shetland wool squares, black, white and colors, worth 60c, 40c.

Umbrellas, gloria silk, steel rod, "Princess of Wales" pearl and Dresden handles, worth \$2, 2.35 and 2.50, best value ever offered, \$1.39.

Umbrellas, gloria silk, steel rod, Dresden and natural wood handles, trimmed, worth \$1.35 and \$1.50, 90c.

Good fast black umbrellas including small sizes for school children, worth 60, 75, 85c, at 45c.

All silk ribbons, No. 5 and 7, worth 5 to 10c, 3c yd.

Gros grain silk ribbons, No. 5, 7, 9, 12, worth 10, 15 and 20c, 5 yd.

Satin, taffeta and fancy ribbons, 2 1/2 to 4 in. wide, worth 30, 35 and 40c, 10c yd.

Silk and colored boltings worth 25 and 35c, 10c yd.

Tinted and striped doilies and stand covers, 10c.

Finishing braids, per bolt, 5c.

Crochet sets 3 spools for 10c.

Ladies scalloped edge and plain linen handkerchiefs worth 12 1/2 and 15c, 10c.

Ladies scalloped, embroidered and plain linen, and mens colored bordered handkerchiefs worth 20c, 12 1/2c.

Upholstery materials worth \$1.25 to \$2.75 yd.

Large size chenille table covers worth \$1.50, 89c.

Plein and fancy stripe scrims with 7 1/2 to 10c, 4c yd.

Unbleached muslin yard wide, 2 1/2c yd.

Regular 5c unbleached muslin 3 1/2c yd.

Extra heavy 6 1/2c unbleached muslin, 4c yd.

Best 8 1/2c unbleached muslin 6 1/2c yd.

Yard wide bleached muslin, 4 1/2c yd.

Lonsdale, Masonville and Fruit of Loom 5c yd.

Extra fine bleach muslins and long cloths worth 12 1/2c to 15c, 9yds.

Good cambric muslin yard wide, 5c yd.

Ladies wrappers, fleeceback material, Wth \$1 at 68c.

Ladies wrappers fleeceback, worth 1.25 each 79c.

Ladies fleeceback wrappers worth 1.75 each 125.

White cotton blankets worth 50c pr, each 15c.

White and fancy cotton blankets worth 75c to \$1 pr, each 29c.

Yountsville crib blankets worth \$1, each 60c.

Wool blankets in white and colors worth \$2 to 2.25, 1.50, pair.

Wool blankets extra large worth 3.50 to 2.50 pr.

Wool blankets worth 4.50, 5 to 6 including Yountsville goods 3.49.

Wool skirt patterns worth \$1, each 79c.

Wool skirt patterns worth 1.50 each 115.

Colored wool flannels including Yountsville twilled goods worth 35 to 40c at 25c yd.

Full size bed spreads worth 65c, 49c.

Extra large bed spreads worth 3 to 3.50 at 1.98.

Silklinces and golden draperies wth 10c to 12 1/2c at 6 1/2c yd.

Fancy tickings, denims and cretons worth 15c 20 and 25c at 12c yd.

Upholstery and drapery materials worth 75c and 1.00 yd at 50c yd.

Lonsdale cambric worth 12 1/2c, 8 1/2c yd.

Unbleached sheeting over 2 yds wide, 9c yd.

Regular 5c striping checks, 3c yd.

7 1/2c checked shirtings 5c yd.

Fine shirtings worth 8 1/2c and 10c, 6 1/2c yd.

Good feather ticking worth 15c, 9c yd.

Feather tickings, staple and fancy stripe worth 18 and 20c, 12 1/2c yd.

Choice of our 5c outing Flannels, 3 1/2c yd.

Choice of 7 1/2 and 8 1/2c outings, 5c yd.

Best 10c outings, 6 1/2c yd.

Our 5c canton flannels, 3 1/2c yd.